Educating the Community Through Service

Community education has been a common theme for the events throughout the summer and early fall. Students of NMC, through collaborative efforts with the CfHP, reinforced their own learning by sharing their knowledge with members of our community. Performing health assessments, administering flu shots, and educating high school students on pathophysiology are just a few of the highlights. Not only are our students learning the skills necessary to be competent health care providers, but they are learning ways to impact our very own community by teaching others about healthy habits and lifestyles.

Service Learning Projects at Bere’s Day Care

The Nursing 350 Community Health students have completed three service learning projects with Bere’s Day Care. Bere’s has four locations serving about 400 children and employing 150 staff in the Omaha metro area. It is open twenty four hours a day, seven days a week, provides van service for school age children and is locally owned and operated by Martha Berenice Mora.

Using the most recent CDC immunization schedule, Nursing students examined 389 records to compile a spread sheet list of the children who had incomplete immunization records and for whom immunizations were needed. The examination revealed that most of the records were not up to date and the most common vaccines missing were Hepatitis B, Rotavirus and Dtap. This information is important for the Bere’s staff so that parents can be contacted and records updated and, if necessary, parents can obtain needed immunizations for their children.

In another project, four students presented a nutrition education program to the three to five year olds at Bere’s IV and to the after school kids at Bere’s III. The program included information about the four food groups using the newest USDA MyPlate visual and information. The information was in Spanish and included games, coloring pages, word find, and a poster board. The children actively participated in the activities, and it was positively received by the staff. The presentations were also used to role model to the staff how to teach nutrition information. Students provided staff with materials and links to the USDA website where staff can access nutrition information and order free printed materials in Spanish. All students learned about the surrounding community and how the Bere’s Day Care Centers are operated. The students were impressed with the facilities, efficiency of operation and the open and helpful Bere’s staff.

Submitted by Dr. Fran Henton
Mobile Diabetes Center Update

The Mobile Diabetes Center (MDC) was very active from May through August, 2011. Between January 1 and August 31, 470 people were screened on the MDC. Students and faculty members supported our community partner by staffing Cosmopolitan Club screenings in Sioux City, Blair and Fremont. Summer classes supplemented outreach to established sites, returning to the Omaha Housing Authority Towers and InterCultural Senior Center with the MDC. Liberty Elementary School was added as a new community site with the MDC in June. In August, the C/HP worked with Congressman Lee Terry and the MDC to provide screenings at each of the OHA Senior Towers.

Services and screenings that have been offered on the MDC include blood pressure, blood glucose, height/weight/BMI, cholesterol at select locations and prediabetes/diabetes risk screening, followed by appropriate verbal and written education in Spanish and English.

The MDC Coordinator has been actively working to develop new sites and increase outreach efforts in the local and surrounding communities for the fall semester. The MDC will be going to several, outlying Eastern Nebraska Office on Aging (ENOA) Senior Centers this fall: Elmwood, Snyder, Hooper, Eagle and Arlington, NE. Mohm’s Place in Council Bluffs, Bere’s Daycare in South Omaha and the Salvation Army will also have visits from the MDC this fall. In late October, the MDC will venture to Oakland, IA to help conduct a health fair for employees at Oakland Foods of Iowa.

This fall the MDC has also expanded the number and types of services provided at screenings. Foot care, including toenail trimming, is being offered by senior level Nursing students, and vision screening will be offered by junior and senior level Nursing students at select locations.

Finally, one of the most exciting things happening is in cooperation with the Methodist Health System Community Benefits Office. The Nursing students and faculty will utilize the MDC to give approximately 500 free flu shots to underserved and uninsured adults in the Omaha area. The flu shot clinics are being held along with the regular health screenings at the Benson Food Pantry, the InterCultural Senior Center, Tri Community United Methodist Church in North Omaha, and Mohm’s Place in Council Bluffs.

In addition to these sites, the Methodist Student Nurses Association (MSNA) and Roni Gray, NP planned the first all student outing for the MDC. MSNA planned and provided approximately 50 flu shots and diabetes prevention education targeting underinsured college students in the First Christian Church parking lot near 66th and Dodge Street.

The fall semester has proven to be very busy for the Mobile Diabetes Center here at Nebraska Methodist College. The C/HP is pleased that we have been able to deepen our community impact with this new partnership and look forward to continuing our relationship with the Cosmopolitan International Club this fall and in the upcoming year.

Submitted by Christine Clancy
NMC Upward Bound Update

It definitely feels as if fall has arrived, and the Upward Bound students are back in full swing at Burke High School. Although our students are back to studying, preparing for the ACT, and filling out college applications, I wanted to take a moment to share with you all of the great things that happened this summer!

The summer was very full and very busy. We kicked off the summer program with a retreat at Camp Fontenelle. Our students participated in the low ropes courses, the obstacle course, and played laser tag, as well as many other team building games. We had a great time! While the underclassmen were bonding on the retreat, our graduated seniors were starting their first college classes at Nebraska Methodist College. Fifteen seniors lived on campus and took English Composition or the Nursing Assistant course. They also were able to live in the apartments at Josie’s Village…they had a great time!

Once the retreat was over, it was back to work at NMC. Our students took math, science, and English classes each morning. In the afternoons, students selected two electives based on their interests. Throughout the summer program, the students worked on a team project based around the theme: CSI. Students created their own murder mysteries. They wrote a narrative, built the crime scene to scale, and analyzed the evidence. At the end of the Summer Program, our students presented their projects to a group of panelists, and of course, we celebrated with lunch and cake!

The sixth and final week of the Summer Program was Community Service Week. Our students spent a combined 233 hours giving back at 13 agencies throughout the Omaha community. After working hard in the classroom and in the community, Upward Bound headed to Kansas City! Thirty-seven students and staff traveled to Kansas City for two nights and three days. We packed a lot into a short period of time. We visited the University of Missouri-Kansas City, shot hoops at the College Basketball Hall of Fame, took a swim at the Great Wolf Lodge Water Park, went shopping at an outlet mall, checked out Science City at Union Station, watched the Kansas City Royals play baseball, and ended with a full, fun, hot day at Worlds of Fun. Our kids (and staff!) had a blast!

The summer flew by and now our students are back to school and we are gearing up for lots of fun activities, as well as working hard in the classroom. We hope you all had a great summer and look for more updates on the Upward Bound program coming in the next newsletter.

If you are interested in learning more about the program, or volunteering in any capacity, please contact Allison Kinney-Walker at Allison.kinney-walker@methodistcollege.edu, or (402)354-7121.

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Flu Shot Clinic Schedule

<table>
<thead>
<tr>
<th>Date and Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Wednesday, September 14</strong>&lt;br&gt;9:00AM-1:00PM</td>
<td>InterCultural Senior Center</td>
</tr>
<tr>
<td><strong>Saturday, September 24</strong>&lt;br&gt;8:00am-12:00PM</td>
<td>Benson Baptist Food Pantry</td>
</tr>
<tr>
<td><strong>Saturday, October 1</strong>&lt;br&gt;8:00AM-12:00PM</td>
<td>Mohm’s Place</td>
</tr>
<tr>
<td><strong>Friday, October 7</strong>&lt;br&gt;10:00AM-2:00PM</td>
<td>First Christian Church</td>
</tr>
<tr>
<td><strong>Saturday, October 22,</strong>&lt;br&gt;8:00AM-12:00PM</td>
<td>Tri Community United Methodist Church</td>
</tr>
<tr>
<td><strong>Saturday, October 29</strong>&lt;br&gt;8:00AM-12:00PM</td>
<td>Benson Baptist Food Pantry</td>
</tr>
<tr>
<td><strong>Wednesday, November 2</strong>&lt;br&gt;6:00PM-8:00PM</td>
<td>Our Families’ Health</td>
</tr>
</tbody>
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CfHP Hosts September Coffee

Energy filled the Clark Dining Area on a late Friday afternoon in mid-September. The Center for Health Partnerships, in an effort to bring attention to its recently updated vision, hosted the College’s first “Fall Coffee” of the new academic year. The Center has been focusing its efforts on diabetes education and educational advancement for at risk populations, and so it was only appropriate that diabetes friendly refreshments of fresh fruits, vegetables, and low sugar angel food cake were served. Additionally, students from the NMC Upward Bound program provided live entertainment by educating the audience concerning the Center’s areas of focus. The promotional flyer for the coffee was designed by a current NMC Upward Bound student.

NMC Co-founder of Nebraska Campus Compact and Metro Area Coalition for Service

Nebraska Methodist College has joined eleven other Nebraska colleges and universities to found Nebraska Campus Compact. Nebraska Campus Compact is the successor to the Midwest Consortium for Service-Learning in Higher Education. “The Nebraska Campus Compact links and supports Nebraska colleges and universities in promoting service-learning and civic engagement to prepare students for responsible citizenship.” Membership in Nebraska Campus Compact will position NMC to apply for grant funds to support service-learning and community outreach efforts. Nebraska Campus Compact will hold a yearly conference as one of many ways it will enable member institutions to share best practices in service-learning and civic engagement. In joining Nebraska Campus Compact, NMC also joined the national Campus Compact organization—opening a host of networking and development opportunities for interested faculty and staff.

NMC has also joined with the Omaha area colleges and universities to form the Metro Area Coalition for Service. The goals of the Coalition are to:

1. increase collaboration and share selected service-learning programming;

2. offer coordinated programming on a selected topic annually or bi-annually; and

3. bring university and college resources to bear in educating students and the public about selected significant local, national and international issues.”

The Coalition has chosen Omaha refugee resettlement as its focus issue for 2012. Planning is currently underway for this collaborative series of events. Please visit Campus Compact www.campuscompact.org or visit the Coalition’s website www.macsl.org for updates on our progress.
Educate Your Audience

Dr. Heather Henrichs has worked with the Center for Health Partnerships to create a unique service-learning opportunity for traditional Nursing students taking Pathophysiology. Dr. Henrichs students are working with the Careers in Science students from Central High School in a teaching experience that is edifying for both groups of students. Careers in Science is a partnership with Central High School. A select group of interested students are visiting NMC five times over the course of the school year to learn about different health care fields they could pursue in college. The concept is to highlight some of the program offerings here at NMC.

For their service-learning project, Pathophysiology students were charged with providing a mini-lecture series to educate Central students about the diseases of Diabetes Mellitus, hypertension, heart failure, asthma, and Chronic Obstructive Pulmonary Disease (COPD). In the Pathophysiology course, students learn complex mechanisms for disease. However, they often do not know how to translate the knowledge to a patient. This service-learning project provides students with a great opportunity to build these patient education skills, with the Central students providing them with a practice lay audience.

Following each mini-lecture, the Central students tour corresponding resources at the College to explore NMC program offerings. They will get opportunities to visit the Mobile Diabetes Center, cadaver lab, respiratory lab, and nursing simulation lab.

The first mini-lecture in the series took place September 29, 2011 over Diabetes Mellitus. The Pathophysiology students were given the task of explaining anatomy, physiology, pathophysiology, and disease prevention in an accessible fashion. “They did an amazing job of making the material easy to understand, fun, and exciting. Diabetes can be a very difficult disease to understand, they even acted it out, which got some good giggles from the audience,” says Dr. Henrichs.

One of the student presenters, Lindsey Miletta, wrote in her reflection, “Effective communication is key in the treatment and prevention of illness and disease. Being able to share my current knowledge as a Nursing student with high school students was a great opportunity to practice my delivery of information. I even realized that educating others about their health is a fulfilling and rewarding experience.”

Submitted by Dr. Heather Henrichs

Certified Nursing Assistant Celebration

The successful completion of the seventh Omaha Housing Authority Nursing Assistant cohort commenced in celebration on August 19th. Eight students completed the Certified Nursing Assistant program in this summer cohort. Family and friends were invited to a ceremony acknowledging the students’ journey. Nursing faculty member, Amme Melegrito, Dean of Nursing, Dr. Marilyn Valerio, and OHA Resident Employment Coordinator, Nadira Ford-Robbins presented the students with certificates of completion.
A Reflection On Organizing Service

I recently had the opportunity to help coordinate the community service for fall orientation. A team of Student Ambassadors and myself were instructed to plan and implement community service into orientation. We had no idea how much work goes into planning something like this for a group of about 80 people. Our goal was to show our new students how important community involvement is at NMC and teach them that their role as future healthcare providers is not limited to the hospital or clinic.

We decided on sending eight groups of eight to ten people to different community sites. We started with the partners we already work with and began contacting other sites to determine the need and discuss possibilities of hosting volunteers on the day of orientation. This was the tough part. Not only were we attempting to establish contact with people who were often hard to reach, but we were asking them to coordinate their needs with our specific date. After numerous phone calls and leaving many messages we finally established the sites. Phew!

Now we had to coordinate transportation and find drivers for all the vans. Thankfully many of our faculty and staff were gracious enough to volunteer their driving abilities. Next we had to coordinate who would be going to each site and make sure that each site had enough volunteers to accommodate their needs. Once we had the groups defined, we created packets for each group to inform them about where they would be going and what they would be doing. We also included some information about each site so the volunteers would have an idea of how their host site impacts our community and how their own service would be impacting the greater Omaha community.

Finally we had all the pieces put together and now it was time for orientation. Groups were sent to Open Door Mission, Charles E. Lakin Campus, Completely Kids, Essential Pregnancy Services, House of Hope, Omaha Food Bank, Ted E. Bear Hollow, and NMC Upward Bound.

The truly rewarding part of this experience was talking to the students after their volunteer experience, and seeing how they felt after impacting their community. It is amazing to send people out into the community and see the smiles on their faces when they realize their impact. This experience made me realize, that the true heroes are the organizations that provide services to people in the community and provide opportunities for volunteers like us. I am grateful for having the opportunity to help coordinate this event, but more grateful to be a part of the NMC community that strives to better the lives of people in the community by providing volunteers and services for those in need. It has been activities such as these that make me appreciate where I go to school and realize that NMC is truly “Life Changing”!

Submitted by Brandon Fleharty

AmeriCorps Service Scholars

As a founding member of the Nebraska Campus Compact, Nebraska Methodist College has been allotted three AmeriCorps Service Scholars positions for current NMC students. AmeriCorps is a federal program which employs individuals in various capacities in direct service to American communities. NMC’s AmeriCorps Service Scholars will be working with the NMC Upward Bound program. They will serve a minimum of 300 hours over the course of the academic year providing academic support in the after school and summer programs. "It’s opportunities like this that ensure our children have not been forgotten. I am eager to invest in our youth today, to guarantee a brighter future tomorrow,” said Heather Kyhn, one of the three Scholars. The AmeriCorps Service Scholars for the 2011-2012 academic year are Margarita Gutierrez, Hannah Hartman and Heather Kyhn.
Faculty Orientation on Childhood Obesity

On August 16, 2011, Nebraska Methodist College and Clarkson College jointly sponsored a faculty community orientation examining the American childhood obesity epidemic and local obesity prevention efforts. This is the first year NMC has partnered with Clarkson College in the coordination of this long standing faculty development offering. The purpose of the community orientations is to expose faculty to local efforts addressing public health problems so that faculty can better target the service of their students and themselves. Over 30 faculty from Creighton University, College of Saint Mary, Metropolitan Community College, Clarkson College and Nebraska Methodist College participated in the orientation.

The day began with a panel discussion featuring Mary Balluff, Chief of Community Health and Nutrition Services, Douglas County Health Department, Dr. Bob Rauner, Director, Partnership for a Healthy Lincoln and Dr. Ericka Welsh, Epidemiology Surveillance Coordinator, Nutrition and Activity for Health/Injury Prevention Control, Division of Public Health, NE DHHS. The panel discussion of current community and policy efforts to address childhood obesity was moderated by Michelle Nielson, Operations Director at NMC. Participants were then taken by bus to three site visits: Hy-Vee Dietitian Centers, City Sprouts and the School Based Health Clinic at Liberty Elementary School. The day ended with a lunch reflection and networking session at Blue Planet Restaurant.

As part of the evaluation for the program, faculty were asked “What are your initial ideas about how you will integrate what you learned into your teaching, scholarship, or service?” Here is a sampling of responses to that question illustrating the ways participants intend to take learning from our shared experience to their colleges and classrooms.

I appreciated the knowledge regarding the need to work from the bottom (grassroots) in Nebraska to make a change.

I was inspired to do more at my children’s school.

I plan to incorporate this into my scholarship by assessing the students’ perceptions when engaging in service activities focused on prevention and wellness in the schools.

The legislative and political issues provided good examples for my Issues course.

I will use the information I obtained to first educate college personnel I come in contact with. I will also use the information in my lectures with Nursing students.

NMC Educating Citizens: Series on Diabetes

**FALL 2011**

**August**
Faculty Community Orientation: Childhood Obesity

**September**
Center for Health Partnerships Fall Coffee

**October**
Flu Shot Clinic
*Hosted by MSNA & The Mobile Diabetes Center*

**November**
Fitness Goals for the Cooler Months

**SPRING 2012**

**January**
Service Immersion to Laredo, TX

**February**
Understanding the Obesity Epidemic

**March**
Service Immersion to Charleston, SC

**April**
Healthy Cooking for One
**The Center for Health Partnerships**

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"Impacting the Community through Education and Service"

**Mission Driven:**
Nebraska Methodist College educates health care professionals who positively influence the health and wellbeing of the community.

**C/HP Mission**  
The Center for Health Partnerships, a division of Nebraska Methodist College, promotes healthy communities through partnerships that focus on providing basic health care, health care education, and related learning opportunities to underserved populations.

**C/HP Vision**  
The Center for Health Partnerships actively eliminates health disparities through health care access and education.  
- The C/HP will be synonymous with excellence in diabetes education and prevention efforts.  
- The C/HP will be synonymous with excellence in educational advancement for at risk individuals.

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**Important Dates**

**OHA Nursing Assistant Class**—October 10 — November 15  
**Make A Difference Day Flu Shot Clinic at Tri Community Methodist Church**—October 22  
**Careers in Science**—October 24  
**Oakland Foods of Iowa Health Screen**—October 26  
**Benson Food Pantry Flu Shot Clinic**—October 29  
**Our Families’ Health Flu Shot Clinic**—November 2  
**Service Reflections on Native American Populations**—November 7  
**Careers in Science**—November 16